



Hardeman County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in 2007 for the Hardeman County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Hardeman County School System that includes:

- School Health Advisory Committee that acts collectively to provide advice, guidance, and assistance to the Hardeman County School System in the areas of school health and community involvement.
- Nine Healthy School Teams that are responsible for updating the School Health Index, overseeing "Field Day" planning and activities, logging 90 Minute Physical Activity Logs, and implementing healthy snack ideas in classrooms
- School Health Policies that have been strengthened or developed. They include strengthening the wellness policy, the nutrition policy, and the physical education/physical activity policy
- Mental Health Policy developed
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA is \$83,131.78.

Thirteen Community partnerships have been formed to address school health issues. They include:

- Bolivar General Hospital
- Bolivar Central High School HOSA
- Bolivar Health and Fitness
- Hardeman County Community Health Center
- Hardeman County Health Council
- UT Extension
- TN Technology Center at Whiteville
- Bolivar Lion's Club
- Middleton Lion's Club
- Pathways
- Quinco Mental Health Center
- Hardeman County Sheriff's Department
- City of Bolivar Parks and Recreation

Parent and Student Involvement Developed

Parents are involved in CSH activities. There are 5 parents that have volunteered with the health screenings 12 parents served on Healthy School Teams and there are 5 parents that are on PTO.

Student involvement in CSH activities include 20 students that have been involved with helping out with health screenings, 9 students that have been involved with Healthy School Teams and 61 students that have participated in The Biggest Loser Contest.

School Health Interventions

Since CSH has been active in the Hardeman County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers include 1,019 students screened and 610 referrals in 2007-2008, 1,725 students screened and 1,165 referrals in 2008-2009, 1,943 students screened and 1,394 referrals in 2009-2010, 1,484 students screened and 1,177 referrals in 2010-2011. Total number of students screened was 6,171 and total referrals was 4,346;

Students seen by a school nurse and returned to class include 2007-2008: 3,300 seen by a nurse and 2,429 returned back to class which is 74%, 2008-2009: 3,431 seen by a nurse and 2,439 returned back to class which is 71%, 2009-2010: 3,477 seen by a nurse and 2,014 returned back to class which is 58% and 2010-2011: 2,906 seen by a nurse and 1,997 returned back to class which is 69%;

BMI data that has been collected that shows the severity of the childhood obesity epidemic in our LEA. There was a 25% obesity rate during the 2007-2008 school year , a 26% obesity rate during the 2008-2009 school year, a 24% obesity rate during the 2009-2010 school year, and a 28% obesity rate during the 2010-2011 school year;

Many items have been purchased with CSH funds to enhance school health efforts. These items include treadmills, ellipticals, exercise bikes and salad bars;

Professional development has been provided for counselors, physical education teachers, nurses, school psychologists and school social workers. These professional developments include CPR training, 2010 Coordinated School Health Institute, RHAT Conference, TNSHC Fit for the Future Conference, Tennessee CSH Grand Regional Workshop, and the Healthy Minds and Strong Bodies Conference;

School faculty and staff have received support for their own well-being through the Hardeman County Community Health Center administering flu shots to faculty and staff.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Intervention – Get Fit 2 mile walk took place on June 4, 2011

- Physical Education/Physical Activity Interventions – principals walk with students in their school's gym, Pre K-8th grade schools have a field day towards the end of each school year, and Walking Works For Schools Program for grades K-5;
- Nutrition Interventions – Fresh Fruit and Vegetable Grant, foods are often baked instead of fried, healthy snacks are offered during breaks and snack times, and school cafeterias only serve wheat bread to students and staff;
- Mental Health/Behavioral Health Interventions – at risk counselors are funded by Pathways, Quinco Mental Health and Pathways provide help for students with serious emotional and behavioral problems, and school counselors provide support services for students and staff.

An additional highlight that has been outstanding for the LEA consist of CSH and several of its partners sponsoring a GET FIT 2 mile walk that took place on Saturday, June 4, 2011. The event began by having the county mayor inform all the participants about the obesity rates in Hardeman County, and after his speech everyone participated in a 2 mile walk that began at the courthouse square. Once you completed the walk you were rewarded with a bag of healthy snacks, and good information on how to get healthy and stay healthy. The sponsors of this Get Fit 2 Mile Walk were Coordinated School Health, Anytime Fitness, Bolivar Health and Fitness, Bolivar General Hospital, Hardeman County Community Health Center, Hardeman County Department of Health, Hardeman County Mayor's Office, Star Physical Therapy, and UT Extension.

In such a short time, CSH in the Hardeman County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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